

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 01237, Ice cream, bar or stick, chocolate covered

Report Date: December 09, 2015 18:03 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	46.30	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Energy	kcal	331	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Energy	kJ	1386	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Protein	g	4.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Total lipid (fat)	g	24.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Ash	g	1.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Carbohydrate, by difference	g	24.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Fiber, total dietary	g	0.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Sugars, total	g	18.30	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Minerals													
Calcium, Ca	mg	119	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Iron, Fe	mg	0.29	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Magnesium, Mg	mg	28	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Phosphorus, P	mg	173	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Potassium, K	mg	305	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Sodium, Na	mg	68	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	0.82	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Copper, Cu	mg	0.076	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Manganese, Mn	mg	0.078	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Selenium, Se	µg	2.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Thiamin	mg	0.062	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Riboflavin	mg	0.261	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Niacin	mg	0.175	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Pantothenic acid	mg	0.479	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin B-6	mg	0.043	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folate, total	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folate, food	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folate, DFE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Choline, total	mg	29.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin B-12	µg	0.49	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin A, RAE	µg	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Retinol	µg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	44	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin A, IU	IU	123	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin E (alpha-tocopherol)	mg	0.42	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin D (D2 + D3)	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin D3 (cholecalciferol)	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin D	IU	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin K (phylloquinone)	µg	1.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Lipids													
Fatty acids, total saturated	g	13.202	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
4:0	g	0.180	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
6:0	g	0.151	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
8:0	g	0.622	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
10:0	g	0.588	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
12:0	g	3.488	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
14:0	g	1.827	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	3.761	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:0	g	2.501	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
20:0	g	0.084	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Fatty acids, total monounsaturated	g	6.387	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
16:1 undifferentiated	g	0.161	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:1 undifferentiated	g	6.226	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Fatty acids, total polyunsaturated	g	3.257	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:2 undifferentiated	g	2.974	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:3 undifferentiated	g	0.283	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Cholesterol	mg	28	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Caffeine	mg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	32	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011